CLAIMS:

1. A method for diagnosing or detecting a predisposition to cardiac hypertrophy comprising assaying a sample of human bodily fluid *in vitro* for the level of cardiotrophin-1 (CT-1) contained therein.

2. A method according to claim 1 in which diagnosis or detection of a predisposition to cardiac hypertrophy is determined by comparison of basal CT-1 levels from a human bodily fluid sample from a subject unaffected by cardiac hypertrophy and the level of CT-1 in a human bodily fluid sample of a subject under test.

3. A method according to claim 1 in which diagnosis or detection of a predisposition to cardiac hypertrophy is determined by comparison of basal CT-1 levels from a human bodily fluid sample previously taken from a subject under test and the level of CT-1 in a human bodily fluid sample of same subject under test.

4. A method according to claim 1 or 2 in which elevated CT-1 levels are indicative of the initiation or onset of cardiac hypertrophy.

5. A method according to claim 3 in which elevated CT-1 levels are indicative of developing cardiac hypertrophy.

6. A method according to any preceding claim in which the human bodily fluid sample comprises whole blood, plasma, serum, urine, tears, sputum, saliva or synovial fluid.

7. A method according to any preceding claim in which the *in vitro* assay is arranged to detect CT-1 protein or fragments thereof.

8. A method according to claim 7 in which the *in vitro* assay comprises radio immuno assay or enzyme-linked immunosorbant assay.

9. A method according to any one of claims 1 to 5 in which the *in vitro* assay is arranged to detect CT-1 nucleic acid or fragments thereof.

10. A method according to claim 9 in which the *in vitro* assay comprises hybridisation, sequencing or amplification techniques.

11. A method according to any preceding claim further comprising an *in vitro* assay for an additional marker.

12. A method according to claim 11 in which the additional marker is selected from ANF, oncostatin M, ciliary neurotrophic factor and leukaemia inhibiting factor.

13. A kit for diagnosing or detecting a predisposition to cardiac hypertrophy comprising vessels and reagents suitable for assaying CT-1 levels in a human bodily fluid sample.

14. Use of a method according to claim 1 to determine human subjects who should be treated for hypertension.

15. Use of the method according to claim 3 to determine the efficacy of treatment for hypertension.

16. A method for diagnosing or detecting a predisposition to cardiac hypertrophy substantially as hereinbefore described.